

### **Footnote for appendix figure**

SPPB denotes Short Physical Performance Battery.

\*Participants who did not receive the allocated intervention (i.e., attended no intervention sessions).

†For participants who did not have any follow-up for serious fall injuries, we assigned 1 hour of follow-up time, because we knew that they did not have a fall during the randomisation visit.

‡Partial follow-up indicates participants who had censoring times prior to the last planned follow-up visit.

§Discontinuation of the intervention was operationalized as participants who did not attend at least 1 intervention session during their last 6 months of follow-up prior to the last planned follow-up visit date. Deaths and intervention withdrawals are included in these numbers. As an example, a participant may have discontinued the intervention in the initial 6 month of follow-up due to illness and then died prior to the 6-month assessment for serious fall injuries. This participant would be reflected as missing the outcome due to death and also discontinuing the intervention.